



City of New Carrollton Earth Year 2020

12 Acts of Green



1. Get involved. Join Earth Day Network's campaign to Protect Our Species (<https://www.earthday.org/campaigns/endangered-species/earthday2019/>).

2. Get more involved. Join Earth Day Network's campaign to End Plastic Pollution (<https://www.earthday.org/yourjourney2018/>).

3. And then double down on involvement. Join Earth Day Network's campaign to create Food - prints for the Future (<http://foodprints.earthday.org>).

4. Donate your old clothes, instead of throwing them out. When you need something, consider buying used items. The production and disposal of textiles is resource intensive. Cotton is a thirsty crop, requiring 2,700 liters of water - what one person drinks in two-and-a-half years - to make one cotton shirt. Consumers throw away shoes and clothing (versus recycling) an average of 70 pounds per person, annually. A few communities have textile recycling programs, but about 85% of this waste goes to landfills where it occupies about 5% of landfill space and the amount is growing. See <https://www.wri.org/blog/2017/07/apparel-Industrys-environmental-impact-6-graphics>.

5. Upcycle your furniture. Keep those old dressers, tables, chairs, and couches out of landfills by refinishing, painting, or reupholstering them.

6. Form a "green team" at your office. to explore cost-effective ways to conserve resources and promote sustainability.

7. Buy local foods. To reduce the distance from farm to fork. Buy straight from the farm, frequent your local farmers' market, or join a local food co-op.

8. Capture wastewater. Keep a bowl in the sink to capture water when prepping fruits and vegetables. It makes a great source of water for house and garden plants, particularly with organic matter added to the mix. This idea can be applied in many ways: catch cold water while waiting for the water to get hot and fill your coffee maker; the cold water that goes down the drain while waiting for the shower water to get warm could also be used to water the garden.

9. Reuse pumpkins after Halloween. Eat them, donate them to zoos, animal shelters, farms, or community gardens, compost them, etc.!

10. Donate old eyeglasses. When your prescription changes, or your lenses get scratched, or frames break and you replace your glasses, you can donate your old ones for those who need them. Here's a link that can connect you to the right organization: <https://www.readers.com/blog/glasses/donate-glasses/>

11. Take your own cup or thermos to the local coffee shop. Most stores will gladly fill yours up instead of one of theirs.

12. Buy less stuff! That's the bottom line. How much more stuff do you really need? You don't have to deny yourself, but think about whether that new thing will really "spark joy" tomorrow, as Marie Kondo would say.